

## Registration Information



**Phone:** Call 410-313-7275, Monday-Friday 8am-4:30pm (TTY 410-313-4665) to register by credit card.



**Online:** [www.howardcountymd.gov/RAP](http://www.howardcountymd.gov/RAP)  
First-time users must apply for an account; approval of your account takes 24-48 hours.



**Fax:** Credit card users can fax completed registration form and/or payment information to 410-313-4660.



**Mail/In Person:** Completed registration forms and payment via check or credit card can be returned to:

*Howard County Recreation & Parks  
7120 Oakland Mills Road  
Columbia, MD 21046*

Make checks payable to **Director of Finance**.  
The finance office will add a \$35 charge to any returned check.



**For More Information:**  
**Megan Freer**  
**Aquatics Director**  
[mfreer@howardcountymd.gov](mailto:mfreer@howardcountymd.gov)  
**410-313-4720**

# Roger Carter Recreation Center Pool

**3676 Fels Lane  
Ellicott City, MD 21043**



## Summer 2010 Aquatic Programs



**Howard County**  
**RECREATION & PARKS**

[www.howardcountymd.gov/RAP](http://www.howardcountymd.gov/RAP)

## Lifeguard Certification

### Lifeguard Training (RP4002)

**15 yrs + / 1 wk / \$205**

Prepare to save lives and make a difference in your community! If you are at least 15 years of age and want to learn the skills necessary to prevent and respond to aquatic emergencies this is the course for you. Participants must pass a pre-course screening by swimming 300 yards continuously as follows: 100 yards front crawl with rhythmic breathing and stabilizing kicks, 100 yards of breaststroke with a pull, breath, kick and glide sequence and 100 yards of front crawl, breaststroke or a combination of both. Participants must be able to start in the water, swim 20 yards of front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound brick, return to surface, swim 20 yards back to the starting point with the object and exit the water without the use of the ladder or steps within 1 minute and 40 seconds. LifeGuard participant manuals will be provided upon successful completion of the pre-course. Participants must attend every class, successfully complete required skills and pass written exams to receive the Red Cross certification for 3 years in Lifeguarding and First Aid and 1-year certification in CPR/AED. This 31.5 hour course takes place over several days and includes classroom and in-water activities. Participants must attend and be prepared to swim at all classes.

May 3 - M-F 5:30-9:30 Sa & Su 9am-5pm (801)

May 10 - M-F 5:30-9:30 Sa & Su 9am-5pm (802)

May 17 - M-F 5:30-9:30 Sa & Sun 9am-5pm (803)



### Lifeguard Challenge (RP4003)

**15 yrs + / Jun 9 / 4 hrs / \$104**

Recertify in just one day! This course is for those who are currently certified in Lifeguarding, CPR/AED for the Professional Rescuer and First Aid. This is a competency test of skills with no allowances for review or practice with an instructor. Participants must provide copies of current certifications upon registration. Upon successful completion of the challenge, participants will gain 3-year certification for Lifeguarding and First Aid and 1-year certification for CPR/AED for the Professional Rescuer,  
Tuesday, May 25 - 5:30-9:30pm (801)  
Wednesday, May 26 - 5:30-9:30pm (802)

## Special Events

### Howard County Invitational Swim Meet (RP4006)

**6 yrs + / July 18 / \$5 per event**

Enjoy a day of fun in the sun, poolside with your family or your team. This event is for all swimmers of all ages and all levels! The meet is conducted in accordance with the USS rules but USS membership is not required.

Swimmers can register for up to 4 events! Swimmers age is determined by how old they will be the day of the meet. All swimmers under the age of 18 must have adult supervision. Volunteers run the meet; each team is required to provide a specific number of volunteers based on the number of swimmers participating from the team. All volunteers welcome! A meet program will be available for \$5 the day of the event. No registrations will be accepted after July 12th.

Sunday July 18 - 9am-2pm

## Private Swim Lessons

### Private Swim Lessons (RP4020)

**6 months + / 30 min**

Each 30 minute class will be customized to fit individual needs and ability. Lessons can be scheduled on an individual basis depending on instructor availability. Registration begins May 3; lessons will be scheduled to start no earlier than June 5. You will be contacted by a member of the Aquatics Staff to schedule your session days and times.

- Individual \$31 per session (801)
- Pair (2 people) \$41 per session (802)
- Family (4 people) \$52 per session (803)

## Adult Swim Lessons

### Adult Swim Lessons (RP4019)

**16 yrs + / 2 wks / M-Th / 30 min / \$82**

This course is intended for adults who never learned to swim or want to build on the basic fundamentals of swimming. Entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back will be taught focusing on Learn to Swim levels 1 & 2.

June 28 - 8am (801)

July 19 - 8pm (804)

June 28 - 8pm (802)

August 2 - 8am (805)

July 19 - 8am (803)

August 2 - 8pm (806)

Important Information

- Swim lesson classes are two-week sessions held Mon-Thu. Classes canceled due to inclement weather or pool-closing incidents will be made up on the Friday of the session.
- Each class features a safety day that introduces safety skills required for course completion. Safety day may be held indoors on the first “inclement weather” class of the session.
- Be sure to register your child for the appropriate level. For multiple sessions, register your child in the same course for a minimum of 2 sessions.



Baby Water Play

Parent-Child Level 1 (RP4007)

6 mos-3 yrs / 2 wks / M-Th / 20 min / \$62

Splash through the first step in water safety and swimming with your child. Children will learn to be comfortable and play safely in the water, starting with asking for permission to enter the water. With an adult, participants will explore submerging, buoyancy and entering and exiting safely. *Swimming diapers must be worn.* Formerly **Crab** and **Clam**.  
June 28 - 10:40am (801)      July 19 - 5:30pm (804)  
June 28 - 5:30pm (802)      August 2 - 10:40am (805)  
July 19 - 10:40am (803)      August 2 - 5:30pm (806)

Parent Child Level 2 (RP4008)

6 mos-3 yrs / 2 wks / M-Th / 20 min / \$62

Float through the second step in water safety and swimming with your child. Children will begin to glide on the front and back with assistance and change body position in the water. Emphasis will be given on adult supervision and entering and exiting safely. *Swimming diapers must be worn.* Formerly **Oyster**.  
June 28 - 10am (801)      July 19 - 6pm (804)  
June 28 - 6pm (802)      August 2 - 10am (805)  
July 19 - 10am (803)      August 2 - 6pm (806)

Preschool Swimming

Preschool Level 1 (RP4009)

4-5 yrs / 2 wks / M-Th / 20 min / \$62

Orient your child with the water and water safety in a group setting. With instructor assistance, children will learn basic water skills including water entry and exit, breath control, buoyancy, changing direction, treading and swimming on the front and back with support. Formerly **Flounder**.  
June 28 - 10:40am (801)      July 19 - 5:30pm (804)  
June 28 - 5:30pm (802)      August 2 - 10:40am (805)  
July 19 - 10:40am (803)      August 2 - 5:30pm (806)

Preschool Level 2 (RP4010)

4-5 yrs / 2 wks / M-Th / 20 min / \$62

Building on the skills taught in level 1, children will become more independent by demonstrating more advanced fundamentals of water entry and exit, breath control, buoyancy, treading and swimming on the front and back with assistance as needed. Formerly **Catfish**.  
June 28 - 10am (801)      July 19 - 6pm (804)  
June 28 - 6pm (802)      August 2 - 10am (805)  
July 19 - 10am (803)      August 2 - 6pm (806)

Preschool Level 3 (RP4011)

4-5 yrs / 2 wks / M-Th / 20 min / \$62

After completing level 2, children will practice independent water entry and exit, breath control, buoyancy, treading and swimming on the front and back at a more proficient level. Improved coordination of combined simultaneous and alternating arm and leg actions will be emphasized.  
June 28 - 10am (801)      July 19 - 6pm (804)  
June 28 - 6pm (802)      August 2 - 10am (805)  
July 19 - 10am (803)      August 2 - 6pm (806)



Swimming Lessons

Aqua Kids Level 1 (RP4012)

6-10 yrs / 2 wks / M-Th / 30 min / \$72

In this introduction to swimming, children will learn basic water safety and skills. Basic aquatic skills including safe entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back will be taught to start developing comfort in the water. Formerly **Sea Turtle**.  
June 28 - 9:20am (801)      July 19 - 6pm (807)  
June 28 - 10am (802)      July 19 - 6:40pm (808)  
June 28 - 6pm (803)      August 2 - 9:20am (809)  
June 28 - 6:40pm (804)      August 2 - 10am (810)  
July 19 - 9:20am (805)      August 2 - 6pm (811)  
July 19 - 10am (806)      August 2 - 6:40pm (812)



Aqua Kids Level 2 (RP4013)

6-10 yrs / 2 wks / 30 min / \$72

After completing level 1, children will learn the fundamental skills of entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back. Children will learn how to float without support and recover to a standing position. Deep water safety will be introduced. Formerly **Jellyfish**.  
June 28 - 8:40am (801)      July 19 - 6:40pm (807)  
June 28 - 9:20am (802)      July 19 - 7:20pm (808)  
June 28 - 6:40pm (803)      August 2 - 8:40am (809)  
June 28 - 7:20pm (804)      August 2 - 9:20am (810)  
July 19 - 8:40am (805)      August 2 - 6:40pm (811)  
July 19 - 9:20am (806)      August 2 - 7:20pm (812)

Aqua Kids Level 3 (RP4014)

6-10 yrs / 2 wks / 30 min / \$72

After passing level 2, children will build on the skills previously learned as well as be introduced to scissor and dolphin kicks, survival float, front crawl and elementary backstroke. The rules for head first entries will be presented and children will learn head first entries from a seated position. Formerly **Barracuda**.  
June 28 - 8:40am (801)      July 19 - 6:40pm (807)  
June 28 - 9:20am (802)      July 19 - 7:20pm (808)  
June 28 - 6:40pm (803)      August 2 - 8:40am (809)  
June 28 - 7:20pm (804)      August 2 - 9:20am (810)  
July 19 - 8:40am (805)      August 2 - 6:40pm (811)  
July 19 - 9:20am (806)      August 2 - 7:20pm (812)

Swimming Lessons

Learn to Swim Level 1 (RP4015)

11-15 yrs / 2 wks / M-Th / 30 min / \$72

In this introduction to swimming, participants will learn basic water safety and skills. Basic aquatic skills including safe entry and exit, breath control, buoyancy, treading, changing direction and swimming on the front and back will be taught to start developing comfort in the water. Formerly **Manatee**.  
June 28 - 9:20am (801)      July 19 - 7:20pm (804)  
June 28 - 7:20pm (802)      August 2 - 9:20am (805)  
July 19 - 9:20am (803)      August 2 - 7:20pm (806)

Learn to Swim Level 2 (RP4016)

11-15 yrs / 2 wks / M-Th / 30 min / \$72

After completing level 1, participants will learn the fundamental skills of entry and exit, breath control buoyancy, treading, changing direction and swimming on the front and back. Participants will learn how to float without support and recover to a standing position. Deep water safety will be introduced.  
June 28 - 8:40am (801)      July 19 - 7:20pm (804)  
June 28 - 7:20pm (802)      August 2 - 8:40am (805)  
July 19 - 8:40am (803)      August 2 - 7:20pm (806)

Learn to Swim Level 3 (RP4017)

11-15 yrs / 2 wks / M-Th / 30 min / \$72

After passing level 2, participants will build on the skills previously learned as well as be introduced to scissor and dolphin kicks, survival float, front crawl and elementary backstroke. The rules for head first entries will be presented and participants will learn head first entries from a seated position. Formerly **Man O’ War**.  
June 28 - 8am (801)      July 19 - 8pm (804)  
June 28 - 8pm (802)      August 2 - 8am (805)  
July 19 - 8am (803)      August 2 - 8pm (806)

Elite Swimming (RP4018)

5-18 yrs / 2 wks / M-Th / 30 min / \$72

In this stroke improvement course, participants will improve on the front crawl and elementary backstroke for longer distance and be introduced to side stroke, back crawl, breaststroke and butterfly as well as the basics of turning at the wall. This course is perfect for those interested in swim team. Formerly **Piranha** and **Pre-Swim Team Skills**.  
June 28 - 8am (801)      July 19 - 8pm (804)  
June 28 - 8pm (802)      August 2 - 8am (805)  
July 19 - 8am (803)      August 2 - 8pm (806)